



dis**Ability**
Maternity Care

Your Pregnancy, Your Choices:

*A series of resources about
making decisions in pregnancy*



A Guide for Support People

About the resources

‘Your Pregnancy, Your Choices’ is a series of accessible resources co-designed and co-created by parents with intellectual disability.

These resources support pregnant people with intellectual disability to make informed decisions in their pregnancy.

The resources in this series include:

- Different ways to be cared for when you are pregnant
- Taking medications in your pregnancy
- Things that can help with pain when you are having a baby

Along with these resources is a complementary two-way communication card. This is intended to support communication between the pregnant person and their health care team. Keep reading to find how to best use these resources.

Why the resources were created

People with intellectual disability experience barriers to making decisions in their pregnancy. Some people believe people with intellectual disability cannot make decisions about becoming a parent.

We know people with intellectual disability **can** make decisions about their pregnancy but having access to good, accessible, inclusive information is important, as well as opportunities to be supported in their decision making, as they best want.

‘Your Pregnancy, Your Choices’ is intended to facilitate discussions about making important decisions in pregnancy. They can be used by pregnant people with intellectual disability, family members and health care professionals.

About our creators

Northcott Innovation and DisAbility Maternity Care have consulted with parents with intellectual disability to design and co-create resources to support decision making in pregnancy.

Our project has been led and informed by parents with intellectual disability. Their names were Liz, Venessa, Sarah and Tiffany.

Liz, Venessa, Sarah and Tiffany shared their experience of pregnancy and discussed how to best support the decision-making process for pregnant people with intellectual disability.

How to use this guide

The resources we have created are intended to be used flexibly. They can be read consecutively, or as standalone, accessed at different points in pregnancy. As a support person, we have included some suggestions on how to best utilise these resources.

Assume decision making capacity



As a decision supporter, it is important to recognise that the pregnant person you are supporting has the decision-making capability. Supported decision-making involves the decision maker (the pregnant person), their supports and the adjustments that they require.

Get to know the person and their preferences



You should get to know the pregnant person and their preferences in their pregnancy to effectively support the decision-making process. You may like to use our two-way communication card first before reviewing any of the other resources. This is so you can get to know the communication preferences of the pregnant person.

Your role as a decision supporter



When supporting a pregnant person to review the resources about making decisions in pregnancy, it is important to minimise your influence in the decision-making process. It is also your role to work alongside the pregnant person to explore the positive and negative consequences of a decision.

Take your time with the resources



The information in these resources can be overwhelming. It may be best to review small sections of the resources at a time. Allow enough time to go through the resources at the pregnant person's pace. It is important to ensure that the pregnant person feels like they have all the information they require and does not feel rushed to make their decision.

Two-way communication



All resources are intended to support two-way communication. You may like to support the pregnant person to write down any questions they might have at the end of the resource they are reviewing. This can then be shared with the appropriate health care professional.


In addition, our two-way communication card is intended to be a way in which the pregnant person can reflect on the best way they would like to receive information. You may like to support the pregnant person to identify the ways they like to receive information. This card is intended to be stapled to their Antenatal Record Card so that all health care professionals are reminded of the pregnant person’s communication methods. This card can also be used to record key contacts for the pregnant person such as a midwife.

Important information to know about me

- I can make my own decisions
- Talk to me about the different options
- Give me information the way I like
- Do not give me lots of information at once
- Give me time to think about my decision

I want you to give me information by (you can tick more than 1):

- Talking to me
- Writing it down
- Using pictures
- Using videos
- Using sign language



At this pregnancy

FAMILY NAME		SPV	
GIVEN NAMES		<input type="checkbox"/> MALE <input type="checkbox"/> FEMALE	
D.O.B.		M.O.	
ADDRESS			
LOCATION / WARD			
COMPLETE ALL DETAILS OR AFFIX PATIENT LABEL HERE Place for colour and birth			
Comments			In Reply / Date
			Next Visit Date - Time

Pre-pregnancy BMI	Target weight gain this pregnancy	Target weight gain identified and discussed. Tick appropriate box	Vaccine	Date	Initials	AND	Date	Initials
< 18.5	12.5-18kg	<input type="checkbox"/>	dTpa (Diphtheria Tetanus Pertussis (Whooping Cough)				29 weeks	
18.5-24.9	11.5-16kg	<input type="checkbox"/>	Influenza				34 weeks	
25-29.9	7-11.5kg	<input type="checkbox"/>	Whooping					
> 30	5-9kg	<input type="checkbox"/>	MM2 (Measles Mumps Rubella)					

After the birth of baby copy both sides of this card and place into the woman's health record and return original to the woman

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More Information

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You can visit their website cid.org.au/issues/my-rights-matter